

Auburn YMCA-WEIU Group Exercise effective MAY 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am	Mix It Up with Ashley	6:15am -7am Boxing Bootcamp (Multi Purpose room)	Circuit Blast TRX level with Lindsay	6:15 AM -7am Boxing Bootcamp (Multi purpose room)	Cycle Circuit with Erin		
6:15-7:00am		6:15am-6:45am Triple 'S'		6:15am-6:45am Triple 'S'			
7:30-8:15am	Cycle* with Emily	Cycle* with Katie	Cycle* with Emily			Cycle* with Y Staff	
8:30-9:15am	Stretch & Tone Danielle	Y-Cuts with Loretta	Stretch & Tone Laura	Cycle* with Katie	Tai Chi with Mike		
9:20-10:20am	Barre Fit (Studio Room) with Mary 9:30AM-10:15AM		Barbell Pump with Lindsay	Pilates (Studio Room) with Beth 9:20-10:05am			Zen Barre® 9-9:45am with Marie
9:30-10:15am	Blended Chair	Gentle Yoga with Mary	TRX® LEVEL I * 9:30-10am with Beth	Forever Gold Chair based class with Laura	Cycle* with Danielle	Boxing Bootcamp Multi-purpose room	Slow Flow Yoga 10-11am with Marie
10:30-11:30am	THRIVE (closed program)		LiveStrong @ the Y next session begins 4/10/23		Yoga with Mary 10:30-11:15		
12:15-12:45pm	TRX®* Trx level with Danielle		TRX®LEVEL II * Trx floor with Beth	Gentle Yoga with Mary 12:15-1:00pm	Body Blitz with Danielle		
1:00-2:00pm	Enhance Fitness (closed program)		Enhance Fitness (closed program)		Enhance Fitness (closed program)		
4:30-5:30pm	Zumba® with Bobbie	HIIT with Danielle 4:30-5:15	Hip Hop Step with Kizzy				
5:30-6:30pm	Boot Camp with Kelly	Cycle* with Katie 5:30-6:15pm	Chizzel with Anne	Barre Fit with staff			
6:35-7:35pm	Boxing Bootcamp Multi-Purpose Room 6PM & 7PM		Boxing Bootcamp Multi-Purpose Room 6PM & 7PM	Zumba® with Katelyn			

ZOOM LINKS For highlighted classes in YELLOW can be found on Virtual/Zoom page

* = CYCLE AND TRX classes REQUIRE reservations with member services

ALL ZOOM LINKS: These are ONLY active while class in session

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5:15-6:15am					
6:15-7:00am					
7:30-8:15am					
8:30-9:15am	Stretch & Tone Join Zoom	Y-Cuts with Loretta Join Zoom	Stretch & Tone Join Zoom		
9:20-10:20am				Pilates * (9:20 - 10:05am) with Beth Join Zoom	
9:30-10:15am	Blended Chair Join Zoom	Gentle Yoga with Mary Join Zoom		Forever Gold with Laura Join Zoom	
10:30-11:30am					
12:15-12:45pm					

*** PILATES ONLY MEETING ID #838 171 7327 PASSCODE: 7V9bJm**

All other ZOOMS: Passcode- 2535304

Barbell Pump: Strengthen your entire body with a barbell based workout set to motivating music...dumbbells also used.

Barre Fit: A fun, high energy class incorporating aspects of Yoga, Pilates, ballet, and cardio to strengthen the entire body.

Blended Chair: Gentle yoga poses, balance and weight based exercises done utilizing a chair.

Body Blitz: Challenge your full body strength with different formats (i.e. tabata, bootcamp, circuit, etc).

Boxing Boot Camp: Boxing inspired, full body strength and conditioning.

Chizzel: Strength based class (includes some cardio).

Cycle Circuit: 30 minutes group cycle, 30 minutes full body strength/yoga off the bike.

Cycle: High intensity, low impact stationary ride.

Dance Fit: Routines fused together with easy to follow moves creating a fun atmosphere to get your sweat on.

Forever Gold: Chair Based strength, flexibility and balance.

Gentle Yoga: Basic poses/flow and stretching.

HIIT: Intervals of high intensity exercises improving cardiovascular fitness and muscular endurance. Full body workout.

Hip Hop Step: High intensity cardio using choreographed step routines. Most fitness levels.

Pilates: Strengthen muscles, while improving postural alignment, targets the core as well as other areas of the body. All levels welcome.

Slow Flow Yoga: Blend of Hatha and Vinyasa Yoga using the breath to slowly and smoothly move from one pose/posture to another, helping bring balance to the mind and body. All levels welcome.

Stretch & Tone: Improve flexibility and muscular strength with a variety of exercises. Class is designed for all fitness levels

Tai-Chi: Foster a calm and tranquil mind, focused on the precise execution of natural movements.

Triple 'S': Sweat, Strength, and Stretch will have your heart rate elevated, your muscles engaged, and close out with mobility. This is a great compliment to all fitness routines.

TRX®: Total body resistance exercise, uses body weight and gravity as resistance to build strength, balance, flexibility, core and joint stability. **Level I is great for beginner Level II is more advanced, fast paced.**

Y-Cuts: Similar to stretch and tone class, improves flexibility and strength...may be delivered at a higher pace.

Yoga: Practice that will place the body with intention and purpose through poses and flows...style may vary each week.

Zen Barre® A perfect blend of Yoga, Barre, and Pilates. These practices flow from one format to the next within the 45 minute class.

Zumba®: Take the work out of workout, by mixing low and high intensity moves for an interval style, calorie burning dance fitness party.

Classes are subject to change due to instructor availability

